

FORGING THE FUTURE:



Visit the Health Promotion Home Page
<http://www-nehc.med.navy.mil/hp/index.htm>

Friday FACTS

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Friday Facts information

27 August 1999

"Leadership, Partnership, and Championship"

NEW RESOURCE HANDOUTS AVAILABLE FROM NEHC'S STRESS PAGE

NEHC's Stress Management web site includes our "Quote of the Week", suggestions for managing stress, other resources, presentations, and more. See our new presentation, "Coping with Stress" and our 7 new Stress-related resource handouts. Visit us at www-nehc.med.navy.mil/hp.

NATIONAL DEPRESSION SCREENING DAY 7 OCTOBER 1999

The National Mental Illness Screening Project (NMISP) was inspired by the success of National Depression Screening Day (NDSD), the community outreach and education program created in 1991, with the support of the American Psychiatric Association.

NMISP is also involved in several research initiatives that are shedding new light on America's mental health. NMISP screening days and programs include:



- National Alcohol Screening Day (NASD)
- National Anxiety Disorder Screening Day (NADSD)
- National Depression Screening Day (NDSD)
- National Eating Disorders Screening Program (NEDSP)
- Interactive Telephone Screening Programs
- Suicide Education and Research Division

All are community-based programs whose screenings are free and anonymous. All the community-based programs are conducted by local health professionals with materials provided by The National Mental Illness Screening Project. Media coverage for NMISP programs has been truly exceptional. Check out the National Mental Illness Screening Project's award-winning web site at: www.nmisp.org.

Check out NEHC's Suicide Prevention Page at

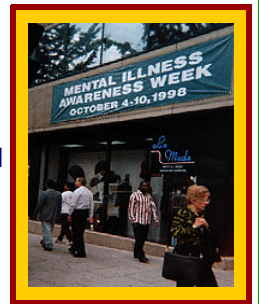
OCTOBER 3-9:

NATIONAL MENTAL ILLNESS AWARENESS WEEK "Treatment Works!"

As it has been every year since 1983, the first full week of October has been proclaimed "Mental Illness Awareness Week" by a joint resolution passed by both houses of Congress and signed into law by the President.

From October 3-9, The American Psychiatric Association District Branches, local psychiatric facilities, and mental health coalitions across the nation will be engaged in a series of public education, depression screening, media and public policy programs to raise awareness that mental illnesses are real, diagnosable, and treatable. Once again, the Thursday of Mental Illness Awareness Week has been set aside for National Depression Screening Day. For a list of participating screening sites in your area, call (800) 573-4433.

The APA's web site can be found at: www.psych.org.



HEALTH & WELLNESS TIPS

Practical and reproducible Health and Wellness Tips on a variety of topics are available from Magellan Behavioral Health at www.MagellanAssist.com/pramenu.html.

In India, people have caught monkeys by setting out a small box with a tasty nut in it. There is an opening in the box large enough for the monkey to thrust in his hand, but too small for him to withdraw it once he's clutched the nut. When the monkey has grabbed the prize, he must either let go and regain his freedom or keep hold and stay trapped.

Most monkeys hold onto the nut, making it easy to hunters to pick them up. People have been caught in the same kind of trap. The person who puts the goodies in the box controls the person who grabs it, but *if we are willing to let go of the goodies, we are free of control.*

-Elizabeth Brenner

